

Living a
**healthy
life**

with
chronic
conditions

South West Self-Management Program

**FREE
6-WEEK
WORKSHOP**

LIVING WELL WITH A LIFELONG CONDITION

**Are you living
with or caring for
someone with:**

Arthritis
Asthma/COPD
Chronic Pain
Diabetes
High Blood Pressure
Heart Disease
Obesity
Parkinson's
Stroke
Mental Health Issue
Addiction

Join us for this free, fun and effective self-management workshop "Living a Healthy Life with Chronic Conditions". This peer led program was developed and researched at Stanford University and now offered around the world!

Topics include:

- Dealing with difficult emotions
- Healthy eating
- Communicating with your health care providers
- Getting active safely
- Breathing better
- Managing pain and fatigue
- Positive thinking and visualization
- Goal setting and problem solving
- And more

Pre-registration is required.

To register for a workshop please contact:

Susan McLean at Tel: 519 641-5521 or email: susan.mclean@sw.ccac-ont.ca

**This workshop is taking place at
The Woodstock and Area Community Health Centre**

Workshop: Jan. 26 – March 1, 2012, 9:30am – 12:00pm
(This workshop takes place over a 6 week period, 2 ½ hrs a week)
or register online at www.swselfmanagement.ca

This program is offered by the South West CCAC in partnership with the South West LHIN.



thehealthline.ca

